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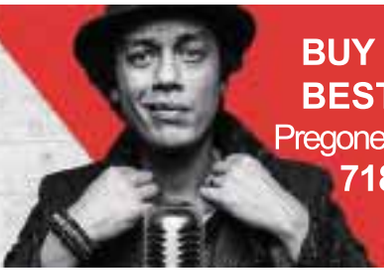

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5 THINGS TO KNOW

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MATT JUUL, BOSTON FEATURES EDITOR

Black Friday is basically the retail version of an apocalypse. Like a scene ripped out of "Mad Max," stores are packed with customers fighting over deals like the last video game or television set that's on sale and just *has* to be purchased a month before Christmas. While everyone wants to save a little cash on holiday shopping, Black Friday doesn't need to be complete chaos. We've put together a nifty survival guide that will hopefully help you score some great deals without all the stress.

AUSSIE DROUGHT DRIVING PRICES OF WOOL CLOTHING

1 A jump in the price of wool from drought-ravaged Australia, the world's top exporter of high-quality fleeces, is rattling through the global clothing supply chain, with some mills passing along costs and retailers cutting down on wool or raising prices. Italian clothmaker Botto Giuseppe, which supplies luxury brands Giorgio Armani SpA and Max Mara, says it has increased prices on average by 7 to 8 percent in the last year on wool fabric, while high-end Swiss-based sportswear label Mover has marked up the retail price of its merino wool T-shirts by 15 percent. "The wool price has increased consistently over the past three years," said Silvio Botto Poala, CEO of Botto Giuseppe, a 142-year-old company. "But the big jump has been in the past year." Neither Armani or Max Mara immediately responded to requests for comment. Meanwhile, Swedish fast-fashion company H&M has cut down on the amount of wool it uses in production, it said in an emailed response to Reuters' questions, thus avoiding price increases on items like wool-blend sweaters and coats.

MILLIE BOBBY BROWN, 14, NAMED UNICEF ENVOY

2 The United Nations children's agency UNICEF appointed Millie Bobby Brown, the star of hit Netflix series "Stranger Things," as its youngest-ever goodwill ambassador on Tuesday, and the 14-year-old had a message for world leaders: "Listen to us. ... I want to raise issues about education and violence and ending bullying and ... making sure children have a safe environment and clean water," Brown told Reuters at the United Nations. "But I'm still learning what I feel passionate about." Emmy-nominated Brown, who plays a girl with special powers who tries to help rescue a missing boy in "Stranger Things," has spoken out in the past against bullying and last year deleted her Twitter account after a slew of hate-filled comments. Her appointment as a UNICEF goodwill ambassador marked World Children's Day and comes after Brown co-hosted UNICEF's 70th anniversary celebrations in New York in 2016, interviewing David Beckham on stage. When asked if she had a message for world leaders, Brown told Reuters: "Listen to us. Youth is very powerful."

VENUS WILLIAMS AND AMERICAN EXPRESS IN SUPPORT OF SMALL BUSINESS SATURDAY

3 Venus Williams participates in a ceremonial lighting of the Empire State Building in support of Small Business Saturday (Nov. 24) during a visit on Wednesday in New York City. ***Read more on Small Business Saturday on page 4, 11.***

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EBAY TO ENHANCE SECOND-HAND WATCH MARKET

4 Buying a secondhand luxury watch on eBay should get easier next year as the company gets better at checking that only genuine timepieces are sold on the online platform. "By the end of 2019, we look to have an entire suite of services available to all luxury watch sellers and buyers on the platform," James Hendy, in charge of eBay's authentication service for luxury goods, told Reuters in a recent interview. While new watch sales have grown more slowly, the used market has been boosted by younger consumers happy to buy online, prompting Cartier owner Richemont to buy secondhand platform Watchfinder.co.uk. Hendy said eBay's transaction volume of secondhand luxury watches would exceed $1 billion in 2018. This compares to volumes of around 1.3 billion euros expected at German rival Chrono24 by its co-CEO and founder Tim Stracke. Bay allowed approved professional sellers, like Watchbox, to list timepieces on eBay with an "authenticity verified" tag in September by extending its eBay Authenticate program from handbags to luxury watches.

EDIBLE INSECTS HIT MARKET SHELVES IN UK

5 Fancy some roasted crickets for a light snack? Look no further than in the local supermarket aisles. Sainsbury's has become the first British supermarket chain to stock edible insects in a bid to boost sustainable food sources that produce fewer greenhouse gases. "Insect snacks should no longer be seen as a gimmick or something for a dare," said Rachel Eyre, head of future brands at Sainsbury's. "It's clear that consumers are increasingly keen to explore this new sustainable protein source," Eyre said in a statement. Nutritionists and scientists have long touted insect consumption for humans as a sustainable and cheap source of protein — though snacking on bugs is a stomach-churning prospect for many. Insects can be a rich source of fat, protein, vitamins, fiber and minerals, according to the U.N. Food and Agriculture Organization (FAO). Global population growth and an expanding middle class have raised per-capita meat consumption by 50 percent over the past four decades, but critics say the trend is environmentally unsustainable. There are also worries about the environmental impact of intensive crop farming and commercial fishing.

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Small Business Saturday bolsters NYC neighborhoods

When you shop small, you're putting money directly into your community, experts say.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

After you recover from all the turkey, wine and family time on Thanksgiving, it's time to kick-start your holiday shopping. If you're looking to support your community as you find your scores, New York City shops are ready for you on Small Business Saturday and beyond.

There's no shortage of options when shopping in New York City, but what makes the five boroughs so unique are its small businesses. According to 2016 New York City Economic Development Corp. data, there are more than 32,000 small business retail establishments across the city.

And when you shop small, you're also giving back to everyone in that neighborhood, which is a way to preserve the New York City neighborhoods you love.

An average two-thirds (67 cents) of every dollar spent at a small business stays in the local community, according to a new Small Business Economic Impact Study from American Express.

"If you're spending [a dollar] at a local business, the owner of the business most likely lives in your neighborhood, they're spending their money at the local grocery store, their kids are going to school in the same neighborhood. That money is sort of reinvested," said Tux Loerzel, marketing manager at Whisk, a kitchen shop that opened in 2008 and is owned by Brooklyn locals.

Small Business Saturday helps consumers support their local communities, experts say. AMERICAN EXPRESS

"It definitely makes a difference if money is staying in your area," he added.

Whisk has expanded to three locations over its 10 years as a New York City small business — Manhattan, Williamsburg and Brooklyn Heights.

On Small Business Saturday, Whisk tends to see an increase in shoppers, but Loerzel said he hears from New Yorkers who are grateful for the shop all year round.

"People thank us not only for just existing in their neighborhoods, so they don't have to travel outside [of their neighborhoods] to shop, but also [for] offering more unique things they might not find at a chain," he said.

Even with that support, New York City small businesses still have to compete with bigger retailers. Whisk, like other shops, will have special Small Business Saturday discounts to entice customers. A variety of Small Business Saturday events will take over New York City streets as well.

"Small Business Saturday is one of the most important times of the year for shoppers and business owners alike — up to 30 percent of annual sales are earned by small business owners in the coming weeks," said Gregg Bishop, commissioner of the NYC Department of Small Business Services.

American Express created Small Business Saturday in 2010, and now the specially-designated shopping day is in its ninth year.

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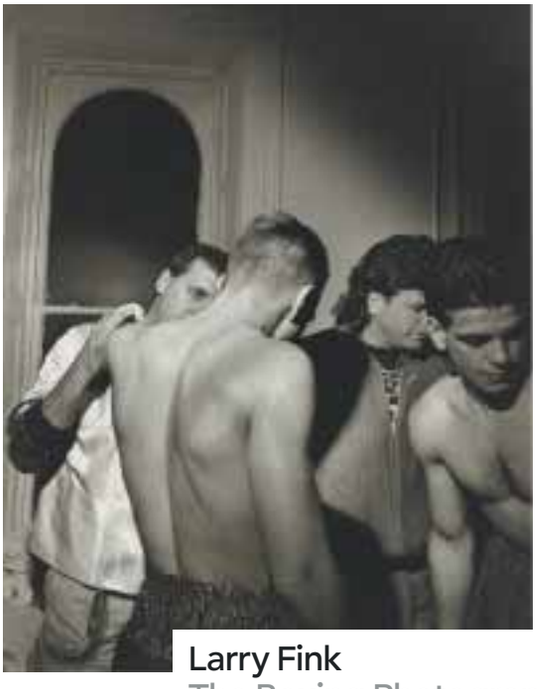

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THE FOREMAN FORECAST: TRUMP LOOKS AWAY

ANALYSIS

TOM FOREMAN

While the facts are still emerging, the allegations are straightforward if you believe published reports: Washington Post journalist Jamal Khashoggi walked into a Saudi Arabian embassy in Turkey, where he was murdered and his body dismembered; CIA analysts have concluded the Saudi government is to blame, and that Crown Prince Mohammed bin Salman ordered the killing. Again, those are the allegations as reported.

Yet President Trump appears not inclined to do anything about it. Once again, he is shunning the assessment of his administration's experts in favor of his instincts. "It could very well be that the Crown Prince had knowledge of this tragic event," Trump said in a statement. "Maybe he did and maybe he didn't!"

Trump's apparent willingness to look the other way in the face of cold-blooded murder has rattled parts of official D.C. Lawmakers in both parties who were demanding a harsh response to the Saudis are now slack-jawed at the idea there may be no response at all.

How does Trump defend it? He says the military, economic, and political value of the alliance with the Saudis is just too valuable. He's "not going to destroy the economy of our country" by spoiling a big arms deal with them. And "they have been a great ally in our very important fight against Iran."

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Jar wars: The Italian plot to weaken Nutella

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Chocolate-hazelnut spread Nutella has long had pride of place on supermarket shelves but faces imminent attack from an Italian rival usually found in the pasta section.

Italy's Barilla, known internationally for its spaghetti and macaroni packaged in blue boxes, is preparing to launch a chocolate spread next year in a major challenge to the brand that became a global phenomenon in the 1980s, sources said.

Nutella, invented by family-owned firm Ferrero, is a favorite among sweet-toothed youngsters at home and abroad and generates annual sales of more than 2 billion euros ($2.3 billion).

With 54 percent of the global market for chocolate spreads, Nutella is the leader and faces virtually no major competition as a mass-marketed brand.

Cokokrem of Turkey's Yildiz Holding is the second most popular spread with a share of only 2 percent, according to market research provider Euromonitor International.

But two sources familiar with Barilla's plan say its new spread, Crema Pan di Stelle, seeks to exploit a perceived weakness of Nutella: its use of palm oil.

The ingredient has drawn a consumer backlash due to health and environmental concerns. Ferrero launched an ad campaign in 2016 to defend its use of palm oil, saying it was safe when refined at controlled temperatures and that the company only bought oil from sustainable palm plantations.

Barilla decided to mount a challenge to Nutella after sensing that Ferrero was starting to encroach on the pasta-maker's lesser-known biscuit business, one of the sources said.

Industry sources said Ferrero will launch a Nutella-filled biscuit next year, seen as a direct challenge to Barilla's own chocolate-cookie brand, Baiocchi.

Ferrero declined to comment on the new biscuit.

To take on Nutella, Barilla has prepared a recipe that contains sunflower oil, 10 percent less sugar, Italian-only hazelnuts and cocoa from sustainable farms, one source said.

Barilla, also a family-owned firm, has presented its spread to buyers at major supermarket chains and could launch it as soon as January in Italy, the sources said.

Still, it faces a tough challenge.

One industry expert said it could cost several million euros just to secure a spot on the same supermarket shelves as Nutella, which commands a premium eye-level position.

"Crema Pan di Stelle will increase competition for Nutella in Italy thanks to the considerable brand awareness it has among domestic customers, but Barilla will find it difficult to take the challenge abroad," said Marco Eccheli, director at the Italian unit of consulting firm AlixPartners.

Contacted for a comment, Barilla said it would answer questions about new products in coming weeks.

The name Crema Pan di Stelle is taken from another of Barilla's successful biscuit brands, Pan di Stelle ("bread of the stars"), which is sold mainly in Italy. REUTERS

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Zakarian is an Iron (-pumping) Chef

The Lambs Club owner is so quietly shredded, he'll fry your behind in the gym, then bake you a post-workout frittata in his new signature cookware.

JEFF TOMKO
jeff.tomko@metro.us

To his foodie fan base, Geoffrey Zakarian is the mild-mannered Food Network personality and regular morning talk-show expert chef. However, if you aren't one of Zakarian's near-million social media followers, you may do a double take when the 59-year-old ditches his signature Tom Ford for his Rhone workout gear and begins slamming battle ropes and medicine balls with as much energy and flair as he has when preparing and presenting his Thanksgiving cornbread stuffing.

The owner of Times Square's swanky Lambs Club leads a 24-7 Iron Chef lifestyle — from his role on the popular Food Network show, to his daily hardcore iron-pumping workout regimen, and even to his new signature QVC line of cast-iron cookware ("First of its kind, it's nonstick," he says). Pushing 60, and with three young kids, Zakarian is only getting stronger. In fact, Zakarian's only age tell may be the music genre flowing through his gym's soundsystem. "My favorite band is Bad Company," Zakarian says. "Any classic rock works. I just can't really listen to today's music."

Staying fit and cooking fit is the new approach even for old-school chefs like Zakarian, who along with other famous fit food masters such as Robert Irvine and Bobby Flay are changing the high-calorie, high-carb Chef Boyardee stereotypes cooks once possessed.

"It's a new paradigm now," Zakarian says. "The saying used to be, 'Never trust a skinny chef.' Now you want to trust that skinny chef because he's gonna show you how to eat properly and in healthy portions. It's about balance now."

Zakarian is all about balance — like balancing on a Bosu ball, which helps him physically prepare for those long hours of standing, bending and twisting, trying to satisfy the meal masses that fill his restaurant each night.

"It's all about the core," Zakarian says. Rope slams and front deltoid raises done with a Bosu ball fill part of his five-day-a-week, near-hourlong routine. "It doesn't look like much, but after 30 seconds, your arms hurt, your gut, then your legs. It's all about dynamic work. It adds up to a more efficient you. If you do it right, it should only take an hour [a day].

Squash Blossom & Tomato Frittata

Ingredients
4 medium diced yellow and green zucchini
3 tbsp shallot, diced
1 tbsp garlic, diced
20 eggs
8 pieces squash blossoms
1 tbsp basil, roughly chopped
1 tbsp tarragon, chopped
1-15 confit cherry tomatoes
½ cup fresh ricotta
½ cup Parmesan cheese
3 oz butter
¼ cup crème fraiche
Salt and pepper, to taste

Directions
1. Heat oven to 400 degrees F and turn on the broiler.
2. Melt butter in pan until VERY lightly browned.
3. Add zucchini and sauté until lightly colored.
4. Add garlic and shallot and cook over medium heat until translucent. Season with salt and pepper.
5. Put eggs, crème fraiche, salt and pepper into a large bowl and whip for 3-4 minutes until eggs are foamy.
6. Pour eggs in skillet and stir often with a rubber spatula.
7. When eggs are half-cooked, remove pan from fire and add basil, tarragon and 4 of the squash blossoms that have been cut into large pieces.
8. Place the tomatoes and small spoonfuls of the ricotta around the top of the frittata.
9. Place in oven for 10-12 min.
10. Remove when eggs are almost fully set and add sprinkle the parmesan over the top.
11. Place under broiler until the top is lightly browned.
12. Let the frittata rest for 10 minutes, cut, then serve.

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9 New York Weekend, November 23-25, 2018

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5 Ways to survive Black Friday

Don't let the shopping rush beat you. KATELYN CHEF

Is it us, or does Black Friday seem to creep into our lives earlier and earlier each year? Whether you love Black Friday or wish to sleep right through it, there are perks to shopping this day of deals as well as ways to survive it. Never fear, we have a few tips and then it's back to the turkey for us.

1 Plan ahead

While the bird is roasting in the oven and the pecan pie is cooling on the windowsill, make a game plan (a.k.a. list) of all the places you want to shop — e.g. Target, Best Buy, Walmart, Amazon, and so on.

Whether your list is handwritten or typed in your phone's note section, this is a good way to organize all of your hopeful purchases. Many websites such as Target, Amazon, Walmart and Best Buy have their 2018 Black Friday ads online right now. Most stores online will run deals from Friday, Nov. 23, through "Cyber Monday," Nov. 26.

Another helpful website to keep open in your tabs is BestBlackFriday.com. This particular website has all the major retail store ads as well as the most recent ads/deals and discount updates.

2 App assistants

Apps can be your most helpful assistant. Today is probably not the day to go live on Instagram as there are other apps to assist you with your Black Friday shopping.

According to a recent article on the website Nerdwallet.com, apps such as ShopSavvy and Santa's Bag can help you save some dough. For savvy deal-finders, ShopSavvy pulls and gathers prices and current deals from well-known stores, so you can compare and save. Like Target's Cartwheel app, there is a barcode scan option so you can scan your chosen item and see the best place (and price) to buy it.

Santa's Bag is your "Santa's little helper" app! This magical app allows you to set a budget, and it will keep you in that budget so when the new year comes, you won't be bogged down with bills.

3 Gift sets

Purchase gifts in sets. Frankie Scanlon, founder of Gustus Vitae, a gourmet salt and artisan spice seller/creator, exclusively shared his Black Friday insights with Metro.

Frankie says: "Black Friday will always be, in my opinion, something that is important for both retailers and consumers alike. While much shopping can be done online, there is still a thrill that comes along with snagging a great deal in the store. One thing I always am on the lookout for when out on Black Friday is gift sets."

4 Map things out

When prepping to shop, know what you really want and what you can possibly hold out for. If there's a really good deal, get it, because once it's gone it might be a while (past Christmas) before it's back in stock. Frankie says, "Do your homework. Know which stores are actually worth spending your time going to. What's the point in going to a store on Black Friday that doesn't have a deal you're interested in to begin with!"

5 Save receipts

At some point, you may have to return an item for a lower price or just to get your full refund back. This is where your receipts come in handy. Apps like Expensify can digitally scan your receipts (yes, from your phone, a la something called SmartScan) and save all the details.

Shoeboxed is another receipt saver app that is your virtual receipt shoebox.

ALL PHOTOS GETTY IMAGES

How Small Business Saturday is bringing our communities together

Keep your neighborhood as charming as ever by shopping local.

PAT KING
patrick.king@metro.us

Hordes of shoppers will be lining up to score some of the biggest deals this year on Black Friday. Hey, there's no shame in that game. Especially if you can pick up a $50 flat-screen and be home before the sun rises. But once the dust settles and the store clerks at Target begin to clear the wreckage from their aisles, Small Business Saturday will be a nice reprieve for those looking to give back to the independently-owned stores that give their neighborhoods their personalities.

Created nine years ago by American Express as a way to revitalize small businesses after the financial crisis, Small Business Saturday has now become a way for people to make sure that the money they spend on gifts for the holidays can stay within their communities and not go to big-box chains. It's a day of appreciation and recognition for the stores that give towns and cities their charm. These stores pack much more than just purchasable goods on their shelves. They create experiences and excitement.

"American Express created Small Business Saturday in 2010," explains Walter Frye, vice president, global brand engagement at American Express. "It was during the economic recession and we wanted to help small business owners with their most pressing needs, which of course is to attract more customers to their stores, particularly during the busy holiday shopping season. We know that small businesses are the life-blood of communities, so it's been an important initiative for us over the past nine years and we're excited that this will be our best year yet."

While that may be a bold claim, Frye could be right as this year will see Small Business Saturday expanding much further than it has in recent years. This year, more than 7,500 stores across the country hold the "neighborhood champion" distinction, which means they will be organizing their own special events to mark the occasion, and also will help to generate excitement to "shop local" in their communities. The celebration will be pairing up with some big-name partners like Etsy and Record Store Day for special events and exclusive giveaways. This year also marks the first that Small Business Saturday will be expanding into Puerto Rico.

"Consistently this is my biggest day of the year," says Nicole Panettieri, owner of the trendy boutique The Brass Owl in Astoria, N.Y. "We're lucky that we live in a neighborhood that really supports small businesses, so we see really large numbers come out to support stores in the neighborhood, including my store."

While it's easy to say that it is a noble and respectable thing to support local businesses like The Brass Owl, when it comes to the direct impact of you shopping small on your community, the numbers don't lie. According to a study performed by American Express, 67 cents of every dollar you spend at a small business stays within your community.

As Frye sees it, there are only benefits to be had by supporting these businesses that are such important parts of your neighborhood. "We strongly believe that it is small businesses that are the heart of our communities," says Frye. "They are what make our communities vibrant and unique. When our communities thrive, we all do. That's the reason why we proudly invest in this program and continue to back it year after year."

This year, American Express will be hosting a number of different events throughout the city in celebration, including a free in-store performance with Ben Folds at Brooklyn's Rough Trade record store. This event will be in partnership with Record Store Day and will include exclusive vinyl releases from Folds, Tony Bennett, Diana Krall, and Ingrid Michaelson.

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Grumble Editor

SHOW THANKS BY DONATING YOUR LEFTOVERS

Pat yourself on the back, everyone. We survived. While it may be a little too soon to comment on our physical and mental states after tripping up rival shoppers during the mad dash of Black Friday in "Wacky Races"-style fashion, what we can collectively be happy about is that we made it through Thanksgiving in one piece. While for some of us there are usually a few moments in tight quarters with extended family that can get a little tense, this year you took the high road and focused on what was really important: stuffing yourself to the gills with delicious food. Even though today's tryptophan hangover will be best cured by a heaping plate of reheated leftovers, you may want to think of those who are a little less fortunate than you are who may not have been able to have such an extravagant meal. If you are able, try to find a way to donate some of your Thanksgiving leftovers to someone in need. It's a good way of paying things forward, and keeping the spirit of the holiday alive.

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The winning caption from Andrew Pintado, *Metro US reader*

MONDAY'S PHOTO:

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metro.us/horoscopes

Aries Go over your investments or expenditures in detail to find a way to make your money work for you. A contract can and should be negotiated.

Taurus You'll learn something worthwhile through observation. Someone with experience will make an impression on you. Don't get involved in a joint venture.

Gemini False pretenses will lead you down a slippery slope. Avoid working hard for someone else's benefit. Pour your energy into your ideas and reap the rewards for your efforts.

Cancer Don't feel you must make changes or offer your help, skills or services just because someone else does. Do your own thing and be open to starting a creative endeavor.

Leo Make time for friends and family. A social event will encourage you to make a positive change in your lifestyle. Romance is highlighted.

Virgo Emotional differences will surface if you or someone else isn't honest about feelings and motivations. Be careful whom you confide in. Meddling will pose a problem.

Libra Communication will help resolve an issue that has been hanging over your head. Say what's on your mind and offer solutions that are beneficial to everyone involved. Personal improvements can be made.

Scorpio You won't be surprised by others' actions if you check the facts and use your intuition to figure out if someone is being legitimate with you. Trust has to be earned.

Sagittarius Someone will use emotional tactics to take advantage of your good nature. Don't be gullible or allow yourself to be taken for granted. Personal change is encouraged.

Capricorn Don't get down about the things you cannot change. Focus on what you can do and give it your all. Don't wait for someone else to initiate change and disrupt your plans.

Aquarius A positive change to how you earn your money will develop. Talk over new possibilities with a loved one. Altering where or how you live will result in benefits.

Pisces Take a moment to adjust to emotional matters that are out of control. Anger won't solve problems, but common sense and patience will help you deal with the situation. EUGENIA LAST

Packing a *punch*

Dolph Lundgren talks "Creed II" and what to expect from Drago's comeback.

MOLLY GIVEN
Molly.Given@metro.us

Lundgren is back as Ivan Drago in "Creed II." METRO GOLDWYN MAYER PICTURES / WARNER BROS. PICTURES

The infamous and loved character of Ivan Drago, played by Dolph Lundgren, makes a comeback in the new movie "Creed II." Audiences will get to see Drago in a whole new light as not just a fighter, but also a father as he prepares his son to fight Adonis Creed.

What were your initial thoughts when you found out that Drago was making a comeback?
Well, I didn't think I was going to play him again. I was surprised when I heard about it from Stallone. I didn't want to do it. I wasn't sure if I should do it, if I should meddle with that iconic guy in those red shorts back in that midst of time somewhere. I decided when I saw the script, I thought, "Yeah, what a great script! Wow, this is a really great role, it's amazing." So a lot of the preparation was more emotional, but I did train for it because, you know, Florian. I mean. I met Florian. I knew he was going to be a big guy, but he was really big. So I thought I should get in shape so I can throw him around a little bit because I have to in the script.

The last time you worked on a Rocky movie with Stallone, Sly famously said that you put him in the intensive care unit for a week. First, how did all that go down and will you two get into any tussles this time around for "Creed II"?
OK, yeah. So the first time I worked with him, he ended up in the intensive care unit, apparently because they claim I hit him too hard. Look, I just did what I was told to do because, you know, I was a kid and he was my boss, so I hit him in the body a few times. I felt bad about it. I mean, I got two weeks off, so it was kind of cool I could go out and party. I was only 27, but I did feel bad about it. I've heard about it all of these years. Obviously, yes, in the script there are some altercations between us, a little bit of a punch-up. That was fun to shoot. It brought back a lot of memories.

Considering everything going on in the world today between the U.S. and Russia, is now the perfect time for Drago's return and for this film to be coming out?

I think it's a great time, of course. Stallone is very smart. Russians are again becoming a little more of our enemies here, and in this picture, my character, like I said, he's not a big fan of Russia. He thinks they are just as bad as everyone else. He wants to take out his revenge on them. But I think there's an interest in Russians as characters now more than before because Russia is really the only other nation that can sort of maybe kick America's ass, or at least we think they can. If you are the big guy on the block, it's the other big guys that you have to look out for, and I think that's what is happening. So I think it's the perfect time to bring Ivan Drago back and make the Russians someone we can fear again.

"Creed II" is now in theaters.

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Loosie's Kitchen

Possibly the best and definitely the tastiest Black Friday deal is at South Williamsburg's Loosie's Kitchen and Café, where you can snag a year's subscription to fried chicken OR unlimited beer for $249. That's a plate of fried chicken wings served with spicy mustard, hot sauce and fermented pickles every single day (which would add up to $7,300) or totally unlimited 1664 Blanc wheat beer anytime. The special is limited, and you'll have to submit a statement of "why you DESERVE this special" to *sayhi@loosieskitchen.com.*

DanceBody

Katia Pryce started DanceBody as a roving tribe of dance cardio-meets-toning classes and turned it into a mini-empire with two studios in the city, plus the Hamptons and Miami. See what the hype is about on Black Friday, when you can get a private session for $99, or get three classes plus a Dancer Sweater for $145, or three months of streaming classes and the sweater for $90. *dancebody.com*

Vibrate Higher

Founded by a first-generation Haitian-American woman who grew up in New York and spent summers in Haiti, Vibrate Higher sells empowering apparel from tees to trucker hats with mottos ready to get you in the right mindset to tackle the world. With each item purchased, the company donates a solar-powered lamp to a family in Haiti. On Black Friday from 6 p.m. until midnight, get 30% off sitewide, plus freebies when you spend $75 or more with code VIBE30. *vibratehigher.com*

Circle Line Sightseeing Cruises

Spending a few hours out on the water is not just a great way for you to get a break from the city — it's a genuinely great chance to appreciate it from a new point of view. From Black Friday through Tuesday, Nov. 27, get 50% off select Circle Line Sightseeing Cruises trips including the Liberty, Harbor Lights and Best of New York, or 50% off New York Water Taxi's All Day Access Pass for adult and kids using code CYBER18 (limit four per customer). *circleline.com*

Museum of Ice Cream

It may have been inspired by California and made a home in San Francisco, but the Museum of Ice Cream was born in New York and gets the credit for touching off the Instagram gallery craze that couldn't be. They're calling their sale Pink Friday and offering 50% off on select merchandise from super-cute tote bags and keychains to apparel and plush toys. *shop.museumoficecream.com*

Brooklinen

How can bedsheets be better? DUMBO-based Brooklinen has made an art of better sleep, but don't take our word for it — check out their cotton sheets and down pillows for yourself at their SoHo pop-up shop, where on Black Friday you'll be treated to a free cereal-and-milk bar by Kellogg's. Oh, and the free $50 gift card with purchases of $150 and up is pretty great, too, as well as 10% off $250, 15% off $350 and 20% off $450 (deals good through Cyber Monday). *Opens at 9 a.m., 119 Spring St., brooklinen.com*

Fun Luge

Take your parties to the next level with a centerpiece that's part of the action: Fun Luge. Made in Long Island City, these decorative ice sculptures are 2 feet tall and normally $220, but from Black Friday through Cyber Monday, get 20% off all luges, which come in over 50 designs. Part of the proceeds also benefit the Charity: Water nonprofit. *funluge.com*

Canvas Home

Upgrade your dishes with sustainable products made in the U.S. from Canvas Home, which Oprah just named one of her 2018 favorite things. Check out their SoHo store at 60 Grand St. to find your favorite items — they also sell furniture and flatware — and get 25% off when you order them online from Black Friday through Cyber Monday. If you're willing to wait a little longer, the shop is holding a sample sale from Nov. 29-Dec. 1 with discounts up to 75%. *canvashomestore.com*

YOUR WEEKEND STARTS NOW

Find your zen

As much as we all love Thanksgiving, the holiday season can feel hectic. Learn how to take those deep, cleansing breaths everyone keeps talking about at Greenpoint holistic wellness center Maha Rose. This Friday, the Breathwork for Creative Flow class will use active meditation to work through any blocks and unlock your creativity. **Nov. 23, 7:30 p.m., 97 Green St., Brooklyn, $40, maharose.com**

Black foods on Black Friday

Keep on theme with the biggest shopping weekend of the year at David Burke Tavern, where the James Beard-winning chef has created a menu of dishes using black ingredients to serve from Friday, Nov. 23, through Sunday. Start with the black tempura calamari, move on to squid ink rigatoni with prawns and finish with the Blackberry Surprise, among other options. **E. 62nd St., davidburketavern.com**

Take a hike

Instead of getting your Black Friday workout by shoving people out of your way, take a more zen approach on a free hike with the Urban Park Rangers. They'll be out in all five boroughs introducing you to the hidden gems right in your backyard, so grab a pair of sturdy shoes and head out. **Find locations at ycgovparks.org**

Chill with Bob Dylan

The lyrical poet of our troubled times swings through the city for seven concerts beginning Nov. 23 through Dec. 1. He's touring with his new album "More Blood, More Tracks: The Bootleg Series Vol. 14," featuring the cuts that didn't make it onto his 1975 record — so it's vintage songs that are essentially new. **Nov. 23-24, 26-27, 29-30, Dec. 1, Beacon Theatre, resale tickets start at $94, bobdylan.com**

Go with Mariah

Live the "Fantasy" at Sony Square NYC's pop-up gallery dedicated to the Queen of Christmas. "The Mariah Carey Experience" has recreated some of the pop diva's most famous album covers, from 1997's "Butterfly" to her just-released album "Caution," and features a Christmas GIF station and merch. **Nov. 24-Dec. 4, 25 Madison Ave., free, sony.com**

OMAR ALEXANDER HERNANDEZ

Take in a show

Got Black Friday off or taking an NYC vacation over the long weekend? Some Off-Broadway shows — among the most creative art in the city — are offering special Friday matinee performances. We recommend "Gloria: A Life," about the indomitable Gloria Steinem, and the Harry Potter parody "Puffs," which has added new cast members and greatly-expanded sets since its humble beginnings. **playbill.com**

Find your new BFF

Have someone new to be thankful for next year by adopting a forever friend from Best Friends Animal Society. From Black Friday through Cyber Monday, you can adopt a dog, cat or kitten from the Pet Adoption Center at 307 W. Broadway in SoHo for free. **Nov. 23-27, Fri, Sat, & Mon 11 a.m.-8 p.m., Sun noon-6 p.m., bestfriendsny.org**

Japan comes to Brooklyn

Industry City's long-awaited Japan Village food hall opens this Saturday, a 20,000-square-foot marketplace designed to feel like an actual Japanese village. There are food stalls, an izakaya and cocktail bar, Japanese liquor store and the city's largest Japanese grocery store. Oh, and a fish market, meat market and — vegetarians get psyched — a tofu market. It's just the start of what Industry City has going on for the season. **Opens Nov. 24, 11 a.m.-7 p.m., 934 Third Ave., Sunset Park, industrycity.com**

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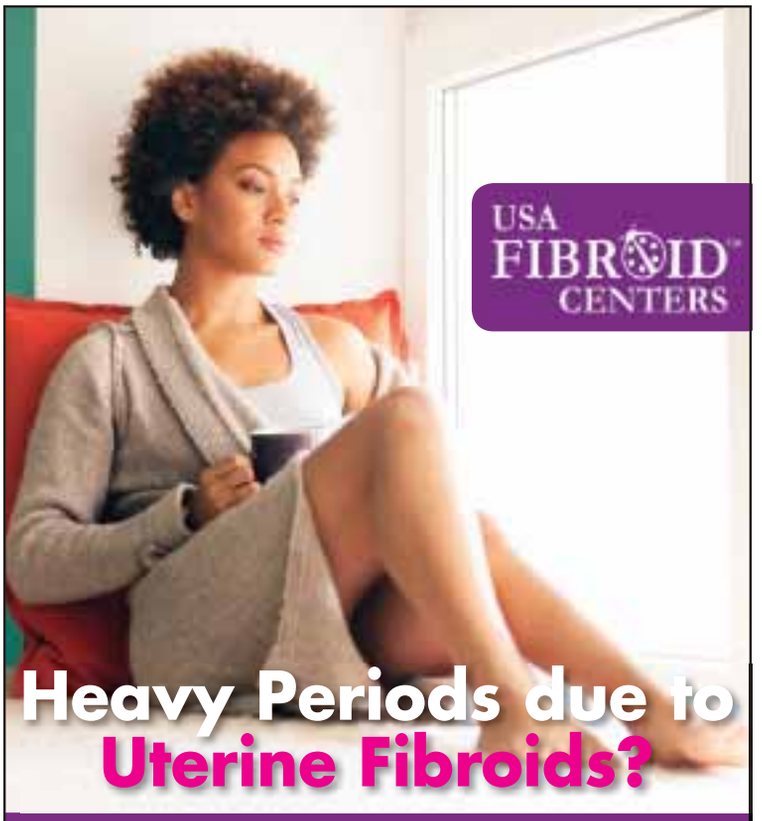

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SPORTS

Giants vs. Eagles: What to watch

The G-Men are on an improbable two-game winning streak.

JOE PANTORNO
joseph.pantorno@metro.us

Odell Beckham Jr. might be changing his name to Nostradamus Jr. if his New York Giants do, in fact, run the table to finish out the 2018 season.

After starting the year at an abysmal 1-7, the Giants have reeled off two straight wins over the San Francisco 49ers and Tampa Bay Buccaneers. Nothing to write home about, but wins are wins.

Week 12 brings a divisional matchup against the reeling Philadelphia Eagles, who are still licking their wounds after a 48-7 beatdown at the hands of the New Orleans Saints, considered by many to be the best team in football right now.

The defending Super Bowl champions' backs are against the wall at 4-6 and an upset loss to the Giants could very well bring their season to an end.

Three weeks ago, this game was a cakewalk for the Eagles. Now, not so much, as the Giants look to be clicking for the first time all year.

Here is what to watch for on Sunday (1 p.m. ET) in Philadelphia.

THE EFFICIENT ELI MANNING

For all the talk of this being the end of the road for Eli Manning, the veteran quarterback is turning back the clock on all of us.

After leading a game-winning drive against the 49ers, Manning completed 17-of-18 passes for 231 yards and a pair of touchdowns. Since Week 10, he's completed over 73 percent of his passes with five touchdowns and no picks.

He's on pace for a career-low nine interceptions this year and will now face an Eagles pass defense that has been wrecked by injuries. After losing Ronald Darby for the year, Sidney Jones, Rasul Douglas, and Avonte Maddux all went down during Week 11 as Philadelphia allowed 373 yards through the air.

It's a golden opportunity for Manning to continue putting up strong numbers, which is good news for Beckham.

SAQUON CONTINUES TO BE SUPER

Every week, Giants rookie running back Saquon Barkley finds a new way to leave his spectators in awe.

While it's usually by dancing around would-be tacklers with an arsenal of cuts, jukes and jumps, the Penn State product has shown that he can be a gritty runner.

Barkley exhibited a more powerful brand of running against the Buccaneers as he attacked the line of scrimmage with far more vigor. The results were great as he put up career highs in carries (27) and rushing yards (142), averaging 5.26 yards per carry.

Against a hobbled Eagles team that has lost three of their last four, some smashmouth football could establish the Giants' offense immediately.

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MetroBet Week 12: Expect Jets to get torched by Patriots on Sunday

PATRIOTS (-9.5) AT JETS

Moneyline: Patriots -415, Jets +345

Betting Total: 46 points

The Jets, particularly on offense, have regressed badly over the last month. They've averaged a paltry 10.75 points per game over their last four contests. A less-than-100 percent Sam Darnold potentially returning off a bye week won't solve all their problems.

The Patriots should be highly motivated off an embarrassing loss to the Titans going into their bye week. Prior to that 10-point debacle, Tom Brady and company averaged 35.5 points per game over their last six contests. New York's pass rush (26th in the league at 22 sacks) isn't potent enough to slow Brady down.

New England continues to be a reliable bet, going 16-6 against the spread in their last 22 road games, per oddsshark.com. By contrast, the Jets have failed to cover in four of their last five contests. This is a big number, but the Patriots should win comfortably.

Prediction: Patriots win, 30-13
The play: Patriots -9.5

Will Sam Darnold (right) be ready for Sunday against the Patriots, or will Josh McCown (left) be under center for the Jets yet again? GETTY IMAGES

GIANTS AT EAGLES (-6)

Moneyline: Giants +205, Eagles -245

Betting Total: 46 points

The Eagles dominated the Giants on a quick-turnaround Thursday night game on Oct. 11, but that performance is an outlier in what's looking more and more like a lost season for the defending champions. Even Carson Wentz was dragged down into the muck last Sunday as he tossed three INTs (and no TDs) against a vulnerable Saints defense in a disastrous 48-7 loss.

The Giants, meanwhile, are in the midst of a good run. They beat the 49ers and Bucs in consecutive weeks, albeit by just seven points combined, but the offense is finally beginning to click. Saquon Barkley shredded Tampa Bay to the tune of 142 rushing yards and two TDs last week. Odell Beckham Jr. has been as effective as ever since the Philly game, averaging 17.75 yards per reception over his last four outings. The Eagles' defense is decaying by the week, so they could have a hard time containing New York, even at The Linc.

However, the Giants' defense will keep Philly in the game. They've allowed at least 350 yards in eight straight games. Wentz is too good not to bounce back with a respectable performance in Week 12. But with the Eagles being 1-4 against the spread in their last five home games, and the Giants being 4-1 against the spread in their last five road tilts, the right play is to grab the six points with "Big Blue."

Prediction: Eagles win, 27-24
The play: Giants +6

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SHERIFF'S SALE

BY VIRTUE OF AN EXECUTION ISSUED OUT OF THE SUPREME COURT, KINGS COUNTY, in favor of ANTHONY GRAZIANO, creditor, and against CHRISTY GILLIAM, debtor, to me directed and delivered, I WILL SELL AT PUBLIC AUCTION, by DENNIS ALESTRA, DCA# 0840217, auctioneer, as the law directs, FOR CASH ONLY, on the 12th day of December, 2018, at 10:30 o'clock in the forenoon, at the Kings County Sheriff's Office, 210 Joralemon Street, in the county of Kings all the right, title and interest which CHRISTY GILLIAM, the judgment debtor, had on the 6th day of April, 2018 or at anytime thereafter, of, in and to the following properties:

1413 Mill Avenue, Brooklyn, N.Y. 11234
Block 8384 Lot 30

Borough of Brooklyn, County of Kings, City and State of New York bounded and described as follows:
BEGINNING at a point which is 470 feet northerly from the northerly line of Avenue T and on the easterly line of Mill Avenue, as both are laid down on the City Map adopted by the Board of Estimate and Apportionment January 19, 1917;
THENCE north 49 degrees, 38 minutes, 42 seconds east, 100 feet;
THENCE south 40 degrees, 21 minutes, 18 seconds east, 50 feet;
THENCE south 49 degrees, 38 minutes, 42 seconds west, to the easterly line of Mill Avenue 100 feet;
THENCE north 40 degrees, 21 minutes, 16 seconds west, 50 feet to the point or place BEGINNING.
SAID PREMISES being known as and by the street number 1413 Mill Avenue, Brooklyn, New York.

JOSEPH FUCITO
Sheriff of the City of New York

Deputy Sheriff Alvarado
(718) 488-3545
CASE# 18037382

NOTICE OF SALE

SUPREME COURT:
QUEENS COUNTY.
THE BANK OF NEW YORK MELLON TRUST COMPANY N.A. AS TRUSTEE FOR GMACM HOME EQUITY LOAN TRUST 2007-HE2, Pltf.
vs. BARYLAI OBAIDI, et al, Defts. Index #701812/13.
Pursuant to judgment of foreclosure and sale entered October 11, 2018, I will sell at public auction in Courtroom #25 of the Queens County Supreme Court, 88-11 Sutphin Blvd., Jamaica, NY on December 7, 2018 at 10:00 a.m. prem. k/a 158-18 77th Road, Flushing, NY a/k/a Block 6828, Lot 37.
Said property beginning at a point on the southerly side of 77th Road, distant 320 ft. westerly from the corner formed by the intersection of the southerly side of 77th Road and the westerly side of 160th Street, being plot 100 ft. x 40 ft. Approx. amt. of judgment is $72,582.74 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale.
CYNTHIA BAKER, Referee.
COHN & ROTH,
Attys. for Pltf.,
100 East Old Country Rd.,
Mineola, NY. #95832

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS
HSBC BANK USA, N.A.,
Plaintiff against RONALD A. LOPEZ; SUZETTE P. LOPEZ,
et al Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale entered on October 4, 2018. I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Boulevard, Court Room # 25, Jamaica, N.Y. on the 7th day of December, 2018 at 10:00 a.m. premises described as follows:
All that certain plot, piece or parcel of land, situate, lying and being in the Borough and county of Queens, City and State of New York.
Said premises known as 13624 220th Place a/k/a 136-24 220th Place, Laurelton, N.Y. 11413.
(Block: 13112, Lot: 46).
Approximate amount of lien $90,551.88 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale.
Index No. 705457-14.
Gary Darche, Esq., Referee.
McCabe, Weisberg & Conway, P.C.
Attorney(s) for Plaintiff
145 Huguenot Street – Suite 210
New Rochelle, New York 10801
(914) 636-8900

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS
Carrington Mortgage Services, LLC, Plaintiff AGAINST
Dawn Matrochano a/k/a Dawn M. Matrochano; James Matrochano a/k/a James R. Matrochano;
et al., Defendant(s)
Pursuant to a Judgment of Foreclosure and Sale duly dated May 22, 2018I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, New York on November 30, 2018 at 10:00AM, premises known as 163-46 92nd Street, Howard Beach a/k/a Jamaica, NY 11414.
All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of NY,
Block: 14075 Lot: 77.
Approximate amount of judgment $604,355.07 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 713085/2017.
Kerry Katsorhis, Esq., Referee
Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, New York 14624
(877) 430-4792
Dated: October 22, 2018

NOTICE IS HEREBY GIVEN that a license, Number 1314761, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail under the Alcoholic Beverage Control Law at 70 W. 71st Street, New York, NY 10023. New York County, for on premises consumption. Gryo 71 LLC.

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS
WELLS FARGO BANK, NA, Plaintiff AGAINST Adam N. Rodriguez, Hilda E. DeJesus aka Hilda DeJesus, Jennifer Reyes, Geico General Insurance Company, Criminal Court of the City of New York, New York City Environmental Control Board, New York City Parking Violations Bureau, New York City Transit Adjudication Bureau, Christina Rodriguez, Simoan Fraser, Ashley Fraser, et al, Defendant
Pursuant to a Judgment of Foreclosure and Sale duly dated 9/13/18 and entered on 10/2/18, I, the undersigned Referee, will sell at public auction at the Queens County Courthouse, 88-11 Sutphin Blvd., Courtroom 25, Jamaica, NY on December 14, 2018 at 10:00 AM premises known as 122- 32 Rockaway Boulevard, South Ozone Park, NY 11420.
All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the County of Queens, City and State of New York, BLOCK: 11716, LOT: 41.
Approximate amount of judgment is $661,193.46 plus interests and costs. Premises will be sold subject to provisions of filed Judgment Index # 704108/2013. For sale information, please visit Auction.com at www.Auction.com or call (800) 280-2832.
David Weprin, Referee
FRENKEL LAMBERT WEISS WEISMAN & GORDON LLP
53 Gibson Street
Bay Shore, NY 11706

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant, under the Alcoholic Beverage Control Law, at 747 Franklin Ave., Brooklyn, NY 11238. Kings County, for on premises consumption. Outlook Good LLC d/b/a Hunky Dory.

LEGAL NOTICES

NOTICE OF FORMATION of Mink Hollow Consulting LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 08/17/2018. Office location: Kings County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o United States Corporation Agents, 7014 13th Ave., Suite 202, Brooklyn, NY 11228. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number 1313956, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 5817 4th Ave., Brooklyn, NY 11220. Kings County, for on premises consumption. El Espino Restaurant Corp.

LEGAL NOTICES

NOTICE OF FORMATION of Candihunt LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 10/24/2018. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 58 East 1st Street, Apt. # 7C, New York, NY 10003. Purpose: Technical Recruitment Consulting/ Employment Services.

NOTICE IS HEREBY GIVEN that a license, Serial #1314537, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 175 E. 83rd St a/k/a 171 E. 83rd St., New York, NY 10028. New York County, for on premise consumption. BHOG NY LLC.

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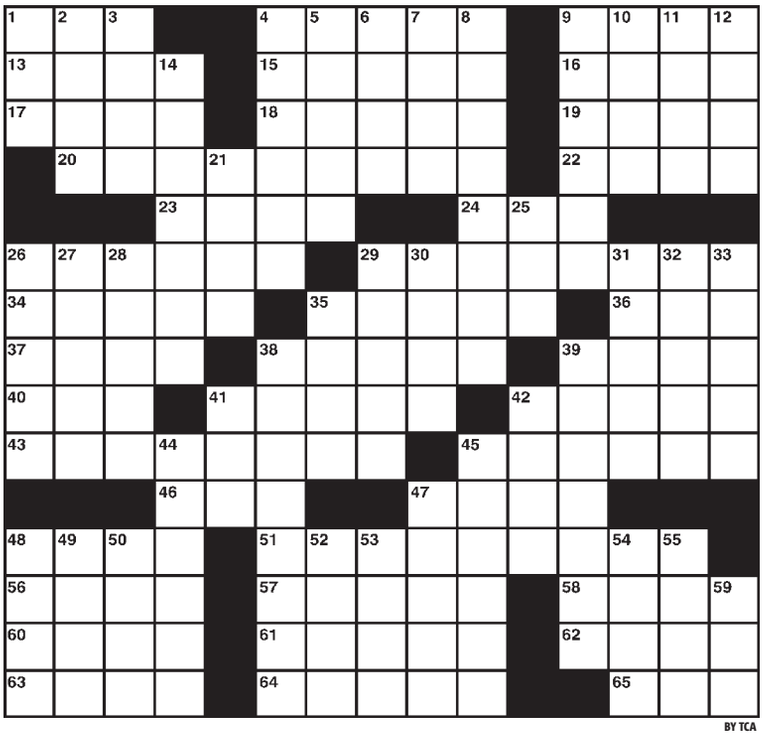

BY TCA

ACROSS

1 Evergreen tree
4 Under
9 Take a break
13 Stumble
15 Escape detection by
16 __ other; one another
17 Airhead
18 Judge's mallet
19 German wife
20 Poverty
22 Traveler's stops
23 Truck scale divisions
24 Actor Linden
26 Rx bottle wrappers
29 Well-known
34 Get up
35 Stogie
36 Actress McClanahan
37 Pea casings
38 Primp
39 Wise man
40 90 degrees from NNE
41 Facial hair
42 Destined
43 Sluggishness
45 Recluses
46 Billboards
47 Watermelon casing
48 Singer Campbell
51 Disrespecting
56 Highway
57 Charlotte, to Prince Harry
58 Tide type
60 Meanie
61 Sanctuary table
62 Festive event
63 Water source
64 Jumps
65 Cartoon dog

DOWN

11 Floral wire service
2 Press clothing
3 Hitchhiker's hope
4 Starts
5 Roy Rogers and Dale __
6 Wash
7 Some of Keats' works
8 Cardiff resident
9 Pharmacy request
10 Be a breadwinner
11 Read over quickly
12 Consequently
14 Dickinson or Teasdale
21 Robert or Elizabeth
25 Broadcast
26 Place for a boutonniere
27 "__ by any other name..."
28 European bathroom feature
29 Passionate
30 Elderly
31 Up in arms
32 Boring tool
33 Rex and Donna
35 Rugged cliff
38 Intimate; private
39 Smoothing wood
41 __ blood; ill will
42 Not __ of; disliking
44 "Messiah" composer
45 Cruise ships
47 Summary
48 Expand
49 Theater section
50 James __ Jones
52 Rank's partner, in phrase
53 Greek cheese
54 __ miss; close call
55 Actress Storm
59 Skillet

metro.us/wordsearch

Q	S	W	R	E	T	S	A	M	Z
X	D	C	I	A	U	C	V	U	Y
W	O	B	Q	L	C	I	N	O	S
B	C	B	D	C	L	F	S	V	S
R	T	H	E	Z	O	I	M	P	K
I	O	R	N	C	D	H	A	Z	E
T	R	Y	A	R	I	C	W	M	L
I	L	U	A	V	E	L	I	R	A
S	S	T	I	M	E	L	O	R	D
H	A	R	T	N	E	L	L	P	O

BBC
British
Daleks
Doctor
Dr. Who
Hartnell
Master
Police box
Sci-Fi
Sonic
Space
TARDIS
Time Lord
Travel
William

metro.us/wander

Category: Music Mixups

	W	E	N	I
	I	H	T	T
D	N	D	U	S
N	O	E	H	T
A	T	H	E	S
O	R	E	T	
N	E	B	I	

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

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			2	7	3			
3		5						2
	4	6	5					
		9					6	7
4		7	6		5	1		9
6	1					5		
					6	2	4	
5						8		6
			4	9	8			

Yesterday's Answers

S	O	F	T			H	I	D	E		T	R	A	P
A	I	L	E	D		I	T	O	N		W	I	R	E
G	L	A	D	E		R	E	S	T	R	I	C	T	S
A	S	S		M	A	E			H	O	N	E	S	T
		H	O	U	N	D			R	A	G			
S	A	L	A	R	Y			L	A	M	E	N	T	
A	L	I	K	E		R	A	I	L	S		E	A	T
N	O	G	S		V	I	R	A	L		L	U	S	H
S	H	H		D	I	N	E	R		C	O	T	T	A
	A	T	T	E	N	D			W	A	R	R	E	N
			A	P	E			F	O	N	D	A		
S	P	O	R	T	Y			R	E	D		L	A	G
L	A	U	G	H	A	B	L	E		O	L	I	V	E
O	G	R	E		R	A	I	D		R	A	T	O	N
T	E	S	T		D	A	D	S			S	Y	N	E

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